

## Barbecued Pork Chops

1/4 cup low-salt soy sauce  
3 tablespoons honey  
2 tablespoons red wine vinegar  
2 tablespoons lemon juice  
1 garlic clove, minced  
1 teaspoon minced fresh ginger  
1/4 cup peanut oil (olive oil can be substituted)  
4 center-cut boneless pork loin chops

1. Mix together soy sauce, honey, vinegar, lemon juice, garlic and ginger. Whisk in the peanut oil.
2. Pour marinade over pork chops and marinate for 1 hour at room temperature.
3. Heat barbecue to medium. Drain pork, reserving marinade. Place meat on an oiled grill set 4 to 6 inches from heat. Cook, turning often and brushing with reserved marinade, until chops are browned outside and white throughout but still juicy inside, about 8 to 10 minutes (until internal temperature reaches 160°F to 165°F)

**Makes 4 servings.**

Source: Adapted from a recipe in *365 Great Barbecue & Grilling Recipes* by Lonnie Gandara

Comments: This is a great marinade for barbecuing pork chops. I put the chops in a zip-top plastic bag and poured in the marinade, turning the bag a couple of times to help distribute the marinade over the chops. We served the pork chops with barbecued corn on the cob and Caesar salad. We also had Nanaimo Bars in the refer for the perfect dessert!

Canada's Nanaimo Bars are very rich and wonderful chocolate squares—not usually a part of our healthy diet! They are sold in Thrifty Foods grocery stores and other places on Vancouver Island. We sometimes are tempted and buy a few when we provision. For anyone who doesn't know what Nanaimo Bars are, here is a link to information about this traditional Canadian confection:

<http://www.nanaimo.ca/EN/main/visitors/NanaimoBars.html>